

# BASKETBALL: Personal Coaching & Clinics

We build strong kids, strong families, strong communities.

SUMMER 2010

## Personal Coaching Description:

Personal Coaching is highly organized one-on-one workouts that focus on a player's offensive skills. Drills are game-like and will produce a marked improvement in the player. Emphasis is placed on Ball Handling and Shooting. By taking personal coaching, a player will gain confidence while acquiring the skills necessary to become a better player. **All players can become better shooters.** Drills and instruction will be given to correct the player's shot and improve accuracy.

**Age Range:** 7-14 years

Month/Session	Lesson Dates	Lesson Day	Lesson Time
June	June 7, 14, 21, 28	Mondays	6:30pm - 7:30pm
June	June 2, 9, 16, 23	Wednesdays	6:30pm - 7:30pm
June	June 4, 11, 18, 25	Fridays	5:30pm - 6:30pm
June	June 4, 11, 18, 25	Fridays	6:30pm - 7:30pm

Membership Type	Registration Start Dates Online and In House	Registration Start Time	Fees
Family	Saturday May 22, 2010	9:00 AM	\$ 120.00
Youth & Student	Wednesday May 26, 2010	7:00 AM	\$ 180.00
Program	Wednesday May 26, 2010	7:00 AM	\$ 240.00

## Basketball Shooting/Fundamental Clinic Description:

Our Youth Basketball Shooting Clinic will focus on the development of proper shooting techniques. Players will participate in drills and instruction that develop form and touch, consistent shooting motion and follow-through, speed and release, arm strength and the improvement of concentration and focus.

**Age Range:** 7-12 years

Clinic Type	Clinic Dates	Clinic Day	Clinic Time
Shooting	July 10, 17, 24, 31	Saturdays	8:30am - 9:30am
Fundamentals	August 7, 14, 21, 38	Saturdays	8:30am - 9:30am

Membership Type	Registration Start Dates Online and In House	Registration Start Time	Fees
Family	Saturday May 22, 2010	9:00 AM	\$ 35.00
Youth & Student	Wednesday May 26, 2010	7:00 AM	\$ 45.00
Program	Wednesday May 26, 2010	7:00 AM	\$ 65.00

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.  
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